

The background of the cover features a large stone sculpture. The upper portion shows a giant hand cupping a small child. The lower portion is a relief carving depicting a diverse group of people, including men, women, and children, in a community setting. The entire cover is framed by a yellow border with decorative corner pieces.

CITY OF NORWALK

SOCIAL SERVICES DEPARTMENT

SCHEDULE OF EVENTS

— SPRING 2015 —

“EMBRACING THE COMMUNITY”

TABLE OF CONTENTS

Senior Center.....	2	Seminars/Screenings.....	6
Tours.....	2	Fitness & Exercise.....	6
Special Activities.....	3	Dance.....	7
Ongoing Activities.....	3	Decorative Arts.....	7
Dances.....	4	Educational Classes.....	8
Movie Madness.....	4	Computer Classes.....	8
Supportive Services.....	5	Social Services Center.....	9
Health Services.....	6	Self-Help Support Groups.....	9

Important Phone Numbers

Norwalk Social Services Center.....	929-5544
11929 Alondra Boulevard	
Norwalk Senior Center.....	929-5580
14040 San Antonio Drive	
Norwalk Child Development Program.....	462-1713
11929 Alondra Boulevard	

Social Services Staff

Veronica Garcia

Director of Social Services.....929-5544

Sandra Benavides

Senior Center Manager.....929-5580

Gloria Mendoza

Children's Dental Clerk.....929-5546

Gabriela Regalado

Child Care Program Manager.....462-1713

Elizabeth Rock

Senior Management Analyst.....929-5547

Mike Stifel

Senior Services Coordinator.....929-5579

Dispute Resolution Program.....	929-5603
(A.A.R.P.).....	(800) 424-3410
ACCESS Services (Paratransit).....	(800) 827-0829
Alzheimer's Association.....	(800) 660-1993
Child Abuse Hotline.....	(800) 540-4000
Community Legal Services.....	(800) 834-5001
Dial-A-Ride (Customer Service).....	929-5550
Dial-A-Ride Reservations.....	929-7512
Elder Abuse Hotline.....	(877) 477-3646
Family Caregiver Supporter Program.....	(800) 510-2020
Home Delivered Meals (Oldtimers Foundation).....	(323) 582-6090 ext. 223
Info Line (LA County).....	(800) 339-6993 or 211
In-Home Supportive Services.....	(888) 944-4477
Long-Term Care Ombudsman.....	(800) 334-9473
Medi-Cal, EBT (Food Stamps).....	(866) 613-3777
Medicare.....	(800) 633-4227
Retired Senior Volunteer Program.....	907-6545
Social Security.....	(800) 772-1213

Norwalk City Council

Mayor Marcel Rodarte

Vice Mayor Leonard Shryock

Councilmember Cheri Kelley

Councilmember Mike Mendez

Councilmember Luigi Vernola



All telephone numbers in this brochure are within the (562) area code, unless otherwise indicated. Please visit us at...

www.norwalk.org

NORWALK SENIOR CENTER

14040 SAN ANTONIO DRIVE • 929-5580

When you walk through the doors of the Norwalk Senior Center, you will become part of a group of vital individuals. Classes, health screenings, fitness activities, arts, games, weekday lunches, and more are offered on a regular basis. The center meets a wide variety of interests for adults age 50 and older. Social Services personnel are available to offer information and referrals for a variety of subjects. Opportunities to volunteer are also available. The Norwalk Senior Center offers an abundance of unique experiences that are sure to capture the hearts and interests of those who visit. Be sure to pick up a copy of our newsletter, "On the Go."



Hours of Operation



Monday - Friday
8:00 a.m. - 7:00 p.m.

Saturday
8:00 a.m. - 5:00 p.m.

In keeping with the City of Norwalk holiday schedule, the Senior Center will be closed on Monday, May 25 in observance of Memorial Day. For information regarding programs or services, please call 929-5580.

"Spectacular" Spring Tours!

The Norwalk Senior Center has some fantastic trips for you! Enjoy the comfort of a deluxe bus as you travel to fun and interesting places. Tour registration must be made in person at the Norwalk Senior Center. Cash, check, or money orders are accepted. Space is limited. All tours are open until filled. Tours depart and return to Norwalk City Hall, 12700 Norwalk Blvd. For current trip information, please call 929-5580.

Getty Museum & LA Farmer's Market

Date: Wednesday, April 15
Depart: 9:00 a.m.
Return: 6:00 p.m.
Cost: \$15 per person
Location: Los Angeles, CA
Walking required: Moderate
Lunch not included



Your day begins as we arrive at the Getty Center and take a tram ride seeing a beautiful view of Sepulveda Blvd. as you reach the summit. After checking in, you are free to see all that the Getty has to offer, at your own pace. You will see art from some of the masters, such as Monet, Goya and Rembrandt, to name a few. Then we are off to the Los Angeles Farmers Market! Here you will have time to eat lunch, on your own, at one of over thirty restaurants. After lunch, you will have time to shop at any of over forty specialty stores. From nuts to jewelry, the Farmers Market has everything. Norwalk *resident registration begins Tuesday, March 3 at 9:00 a.m. Open registration begins Tuesday, March 10. Numbers will be distributed at 8:00 a.m. (One number per person).

***Photo identification with proof of residency required.**

Cinco de Mayo Celebration in Old Town San Diego

Date: Saturday, May 2
Depart: 9:00 a.m.
Return: 5:00 p.m.
Cost: \$15 per person
Location: San Diego, CA
Walking required: HIGH
Lunch not included



Let's take a trip to San Diego and celebrate "Cinco de Mayo!" This fiesta has an incredible variety of festivities and entertainment to enjoy as you stroll down the streets of Old Town San Diego. Enjoy the sounds of flamenco beats, mariachi music and Norteño flairs, coming from the two stages, as you explore the lively streets. In the bustling Mercado, you can buy anything from handmade leather pieces to beautiful jewelry. If you get hungry, there will be over 20 restaurants serving your favorite Mexican Dishes. Norwalk *resident registration begins Tuesday, March 31, 2015 at 9:00 a.m. Open registration begins Tuesday, April 7, 2015. Numbers will be distributed at 8:00 a.m. (One number per person).

***Photo identification with proof of residency required.**

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Special Activities

Match Game

Can you fill in the blank: "Paul said, "I just saw the world's strangest wedding. Instead of a regular suit, the groom was wearing a _____ suit!" Then come make a "Match" at the Norwalk Senior Center as you play "Match Game." You will compete against other contestants and have a chance to take home a prize. Everyone who plays will be entered into a drawing.

Wednesday, March 11 • 1:30 – 3:00 p.m.

Cost: \$3.00 per person

Norwalk *resident registration begins Tuesday, February 24, 2015 at 9:00 a.m. Open registration begins Tuesday, March 3, 2015. Tickets will not be sold on the day of the event. Spectators, age 50 and older only, are welcomed.

***Photo ID & proof of residency required.**



AARP Smart Driver Safety Course 2 Part Class

Tuesday, March 17 & Wednesday, March 18 12:30 – 5:00 p.m.

Tuesday, May 19 & Wednesday, May 20 12:30 – 5:00 p.m.

Cost: \$15 for AARP Members

\$20 for Non-members

Payable to AARP by check or money order only. Upon completion, you may be eligible for a discount through your automobile insurance company.



AARP Smart Driver Renewal Course

Tuesday, April 21 • 1:00 – 5:00 p.m.

Cost: \$15 for AARP Members

\$20 for Non-members

***Payable to AARP by check or money order only**
Register for the Refresher Course! This course is a four hour class that condenses eight hours of information into four hours. The Refresher Course is only for those who have previously taken the eight (8) hour class.

Salsa Dance Workshop

Have you ever wanted to learn to dance Salsa? Now is your chance! Come learn the basic moves of Salsa!

Wednesday, April 29 • 2:00 – 4:00 p.m.

Cost: Free

Norwalk *resident registration begins Tuesday, April 7, 2015 at 9:00 a.m. Open registration begins Tuesday, April 14, 2015. Tickets will not be sold on the day of the event. Spectators, age 50 and older only, are welcomed.

***Photo ID & proof of residency required.**

Candlelight Dinners

Stop by and enjoy a hot and hearty meal. Share an evening of warmth with friends and family. Doors open at 5:15 p.m. and meal service ends at 6:00 p.m. Prizes awarded. Dine-in only. Tickets will not be sold on the day of the dinner.

Tuesday, March 10 • 5:45 – 6:30 p.m.

Theme: St. Patrick's

**Cost: \$6.00 (Early Bird) per person
\$7.50 (After March 7) per person**

Tuesday, April 14 • 5:45 – 6:30 p.m.

Theme: April Showers

**Cost: \$6.00 (Early Bird) per person
\$7.50 (After April 11) per person**

Tuesday, May 12 • 5:45 – 6:30 p.m.

Theme: May Flowers

**Cost: \$6.00 (Early Bird) per person
\$7.50 (After May 9) per person**

Ongoing Activities

Come play ping pong with us! Bring your friends for a great workout while having fun playing ping pong at the Senior Center! Participants play at their own risk.

Ping Pong Table Schedule:

Tuesday: 8:30 – 11:30 a.m.

Wednesday: 2:00 – 6:30 p.m.

Thursday: 8:30 – 11:30 a.m.

Saturday: 9:00 a.m. – 4:30 p.m.



Karaoke Cabaret

Come one, come all, to our Karaoke Cabaret and enjoy an afternoon of singing, laughter, and fun. You can even bring your own Karaoke CD's to sing along to. Songbook available at the front desk of the Senior Center. Opportunity drawing for all brave souls who sing on stage! Now twice a month!

March 14, April 11 & May 9

Saturday, 1:00 – 4:00 p.m.

March 25, April 22 & May 27

Wednesday, 2:00 – 6:00 p.m.

Cost: Free

Meal Program for Seniors



Adults aged 60 and over are welcome to come enjoy a hot, delicious and healthy meal.

**Monday - Friday
11:30 a.m.**

**Suggested Donation: 60 and older \$2.25
Under 60 \$4.25**

Menu available on our website.

Call 929-5544 or visit norwalk.org for more information.

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Bingo!

Come try your luck at Bingo! Players age 18 and older are welcome.

Monday & Friday 1:15 - 4:15 p.m.

Cost: 50¢ per 50/50 Paper card

\$1.00 per paper pack (8 sheets per pack)

\$1.00 per Double Action Paper card

(Sponsored by Norwalk Senior Citizens Center, Inc.)

Bingo will not be in session on Monday, May 25, 2015 in observance of Memorial Day.

Fitness Room

Come in and enjoy the Senior Center's Fitness Room Monday through Saturday (open various times of the day). Cardio and weight equipment is available to those age 50 and older. Orientation with staff is required prior to use. We recommend that you consult your physician prior to any physical activity. Contact us today to schedule your orientation appointment.

Monday 9:00 a.m. – 12:45 p.m.
2:30 – 6:30 p.m.

Tuesday 8:00 a.m. – 6:30 p.m.

Wednesday 9:00 a.m. – 12:15 p.m.
1:30 – 6:30 p.m.

Thursday 8:00 a.m. – 6:30 p.m.

Friday 9:00 a.m. – 12:15 p.m.
4:00 – 6:30 p.m.

Saturday 8:00 – 10:50 a.m.
Noon – 4:30 p.m.

Computer Lab Hours

The Senior Center has a computer lab with five personal computers available for use for those age 50 and older. There is a 30-minute use limit when others are waiting.

Monday, Wednesday - Friday
8:00 a.m. - 6:30 p.m.

Tuesday 8:00 a.m.-1:45 p.m., 4:15-6:30 p.m.

Saturday 8:00 a.m. - 4:30 p.m.

Billiards Room

Monday - Friday 8:00 a.m. - 6:30 p.m.

Saturday 8:00 a.m. - 4:30 p.m.

Cost: Free

Pool Tournaments

Points will be awarded to Players who place 1st - 3rd. Players with the most points, at the end of the year, will be invited to our Year-End Shootout.

Level A (Advanced players only).

Second Wednesday of the month 12:30p.m.

Cost: Free

Registration dates are pre-scheduled open to men and women age 50 and older. Call 929-5580 for registration dates.

Level B (Novice players only)

Third Wednesday of the month 12:30p.m.

Cost: Free

Registration dates are pre-scheduled open to men and women age 50 and older. Call 929-5580 for registration dates.



Dances

Weekly Western Dance

Join us for the liveliest Western Dance in Norwalk. The Senior Center is absolutely jumping every Thursday night! Come hoot and holler as you dance to fun Western tunes.

Every Thursday 5:30 p.m.

Cost: Free

Movie Madness

Join us for a FREE movie and popcorn! Newly released movies are featured for most of our shows. Schedule is subject to change due to film availability. For updated movie schedule, please call 929-5580.

Tuesday Movie Matinee

Every Tuesday 1:30 & 4:30 p.m.

Cost: Free

(Every Second Tuesday of the Month, there will only be the 1:30 p.m. movie showing).

Saturday Movie Matinee

Every third Saturday of the month

11:00 a.m. and 2:00 p.m.

Cost: Free

Volunteer Opportunities

Whether you are looking to donate your time, remain active, give back to the community, or are seeking to meet new people, there are opportunities for you to volunteer at the Norwalk Senior Center. Volunteers are needed to assist with various activities such as our weekday Nutrition Program, special events, stitching lap robes, Bingo program and overall support.



As a volunteer, you will enjoy monthly volunteer meetings (including trainings and socials), an annual volunteer recognition celebration, and the personal satisfaction of making a difference in your own life as well as in the lives of the community.

Please call 929-5580 for further information, or stop by the Norwalk Senior Center and complete a volunteer application. We are waiting for you!

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Supportive Services Program (SSP)*

Supportive services are available to Norwalk residents, age 60 years and older. These services assist clients with daily in-home assistance to help preserve and maintain their quality of life and to remain independent living in their home.

Case Management*

Norwalk residents, age 60 years and older, may be eligible for case management services. This service provides a personal assessment conducted by qualified social services staff to determine the types of comprehensive supportive services a senior at-risk may need. Supportive services are coordinated to address the specific needs for client safety and quality of life.

Homemaking*

Homemaking services are available to frail/homebound, at-risk Norwalk residents, age 60 years and older. Homemaking services may provide for temporary assistance with house cleaning, laundry and meal preparation in the client's residence.

Personal Care*

Personal Care services are available to frail/homebound, at-risk Norwalk residents 60 years of age and older. Personal Care services provide clients with in-home care vital to the activities of daily living to promote an optimal quality of life and maintain in-home independent living.

Registry Services*

The Norwalk Senior Center maintains a registry of qualified in-home workers available for hire. The in-home workers are pre-screened and CPR/First Aid Certified. Social services staff is available to assist clients with the employment of an in-home worker.

**These services are free of cost and funded by the Los Angeles Area Agency on Aging-Community and Senior Services. Please call (562) 929-5580 for more information or to schedule an appointment with social services staff.*

Home Delivered Meals

Home delivered meals are available for homebound seniors, age 60 and older. For information on eligibility and meal delivery, please call the Oldtimers Foundation at (323) 582-6090 ext 223.

File of Life

The File of Life is a medical information packet designed to provide emergency personnel with necessary medical data to begin immediate treatment. The File of Life is available to seniors age 60 and over at The Norwalk Senior Center. Appointment required.

Dial-A-Ride

Norwalk's Transit Department offers a Dial-A-Ride service available to Norwalk resident's age 60 and older and to physically disabled residents, regardless of age. Applications may be requested by calling 929-5533. Applications are also available at the Norwalk Senior Center and the Social Services Center.

Nutrition Van Service

Norwalk Transit System (NTS) provides Dial-A-Ride service to the Norwalk Senior Center Nutrition Program. If you are a Norwalk Dial-A-Ride patron and wish to have lunch weekdays, Monday through Friday at the Senior Center, you may enroll in the Nutrition Van Service, and you will not have to make appointments for your daily ride. You will need to call Norwalk Transit only if you do not want to be picked up for lunch. Use of this service does not guarantee a meal.

For more information on NTS Dial-A-Ride services, please call Transit Customer Service at 929-5550.

Bereavement Group

Join us if you have recently lost a loved one. Share with others who have experienced a loss and gain strength from those who are also dealing with their pain. Receive help in restarting your life. Share experiences and release your grief. Sponsored by Low Cost Community Counseling Center. Newcomers welcome.

Every Friday

10:00 – 11:00 a.m.

Cost: Free

CAL Fresh Assistance

Do you have questions about Food Stamps? A representative from the Los Angeles Regional Food Bank will be here to provide you with program information and application completion!

Second Wednesday each month

9:00 a.m. – Noon

Cost: Free



**VISIT NEW WEBSITE
WWW.NORWALK.GOV**



NORWALK SENIOR CENTER

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Senior Home Repair Assistance Program

Staff from the Norwalk Community Development Department will be at the Norwalk Senior Center to provide information about the Home Repair Program and to assist with the filling out of the application. No appointment is necessary.

Wednesday, April 22 10:00 a.m.

Cost: Free

Health Services

The Norwalk Senior Center offers the following ongoing health services:

Blood Pressure Screenings

Tuesdays & Wednesdays, 9:30 a.m.

March 4, 17

April 1, 21

May 6, 19

Cost: Free

(Sponsored by Apple Care, Health Net, and Pioneer Medical Group)

Seminars / Screenings

The Senior Center hosts many seminars and screenings on a monthly basis.

Dental Screening

March 20 Friday, 10:00 a.m.

April 17

May 15

Cost: Free

(Sponsored by Northeast Dental)

Neighborhood Watch

March 11 - Topic: Norwalk "Now you Know" (YouTube Channel) Thursday, 10:30 a.m.

May 6 - Nixel (Sheriff's Department Norwalk Information)

Cost: Free *(Sponsored by Norwalk Public Safety)*

Norwalk Senior Center Library Service



Enjoy the convenience of checking out your favorite books without having to travel to the library. Anyone age 50 and older that uses the Norwalk Senior Center, and has a valid County of Los Angeles Public Library card is eligible for the program. If you do not have a library card; applications will be available during each visit for you to apply. Norwalk Library staff will deliver library materials to the Senior Center on the second and fourth Thursday of every month between the hours of 10:45 a.m. and 11:15 a.m. Returned materials will be picked up at the same time. For more information, contact the Norwalk Library at **868-0775** or the Norwalk Senior Center at **929-5580**.

Senior Center Course Schedule

Session 2

March 2 – April 18, 2015

Session 2 Registration: Wednesday, February 18, 2015 at 9:00 a.m. Photo identification with proof of residency required for Norwalk residents. Numbers will be distributed, one per person, from the north side entrance of the Senior Center beginning at 8:00 a.m.

Session 3

April 27 – June 13, 2015

(Classes will not meet on Monday, May 25, in observance of Memorial Day)

Session 3 Registration: Wednesday, April 15, 2015 at 9:00 a.m. Photo identification with proof of residency required for Norwalk residents. Numbers will be distributed, one per person, from the north side entrance of the Senior Center beginning at 8:00 a.m.

Fitness & Exercise

City Walkers

How about taking a walk with us! Taking 10,000 steps a day is recommended for good health. The City Walkers meet three mornings a week at the Senior Center for 15 minutes of warm-up exercises followed by a brisk outdoor walk. It is a great opportunity to work out and enjoy the company of friends. Newcomers are always welcome.

Session 2

March 3 – April 17, 2015

Session 3

April 27 – June 12, 2015

Monday, Wednesday & Friday 8:30 - 9:30 a.m.

Cost: Free/7 weeks *(registration is required)*

Tai Chi Chuan

This course introduces older adults to an exercise tradition that is neither vigorous nor strenuous. Some benefits of Tai Chi include strengthening the muscles and organs, improvement in balance and mobility, relaxing the mind and body, improved blood circulation, and increased memory and concentration.

Spring Session

January 12 – May 18, 2015

Monday, 1:00 – 2:30 p.m.

(Classes will not meet on Monday, March 16, 2015 for Spring Break)

Cost: Free/ 18 weeks

Instructor: Layne

**New students may register at anytime with instructor's approval.*

(Sponsored by Cerritos College)



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Gentle Stretch*

This is an easy and relaxing class designed to limber up and stretch your muscles. You will learn exercises to improve flexibility, balance and coordination. Please wear loose or stretch clothing.

Cost: \$30.00 for those age 50 and older
Wednesdays, 12:30 – 1:30 p.m.

Spring Session: February 4 – June 17, 2015
(Class will not meet on Wednesday, April 22)

Cost: \$30.00 for those age 50 and older
Fridays, 12:30 – 1:30 p.m.

Spring Session: February 6 – June 19, 2015
(Class will not meet on Friday, April 17 & April 24)

Instructor: Baughman

**New students may register on first day of class with payments to be made directly to Norwalk/La Mirada Unified School District. (Sponsored by Norwalk/La Mirada Unified Adult School)*

Yoga Fitness*

Yoga balances the body, mind and spirit. Participants can expect positive improvements in health through stretching, strengthening and deep breathing exercises. Mats provided, or bring your own. Please wear loose or stretch clothing.

Cost: \$40.00 for those age 50 and older
Fridays, 1:45-3:45 p.m.

Spring Session: February 6 - June 19
(Class will not meet on Friday, April 17 & April 24)

Instructor: Baughman

**New students may register on first day of class with payments to be made directly to Norwalk/La Mirada Unified School District. (Sponsored by Norwalk/La Mirada Unified Adult School)*



Yoga Stretch*

Here is an opportunity to develop core body strength by increasing the strength and flexibility of major muscled groups. You will increase range of motion and become balanced and centered in body, mind, and spirit.

Spring Session

January 15 – May 21

Mondays & Wednesdays, 9:15 - 10:15 a.m.

(Classes will not meet on Monday, March 16, and Wednesday, March 18, 2015 for Spring Break)

Cost: Free/ 18 weeks

Instructor: Jackson

(Sponsored by Cerritos College)



Zumba

Zumba Fitness is a workout that modifies the movement and rhythm of zesty Latin music like salsa, merengue, cumbia and reggaeton with the exhilarating, easy to follow moves that suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class that is friendly, and most of all, fun!

Session 2 March 7 – April 11

Saturday, 11:00 – 11:50 a.m.

Session 3 May 2 – June 6

Cost: \$20/6 weeks Norwalk Resident

\$30/6 weeks Non-resident

Instructor: Medrano

Dance

Line Dance

Come one, come all and start off your Saturday with a bang! You don't have to be a "dancer" to enjoy the fun and fitness of moving to the many steps and routines of Line Dancing - and you don't need a partner! The class is great for both newcomers and those with experience.

Easy Session 2

March 14 – April 25

Easy Session 3

May 2 - June 13

Saturday, 9:00 - 9:50 a.m.

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Roe

Intermediate* Session 2

March 14 – April 25

Intermediate* Session 3

May 2 – June 13

Saturday, 10:00 - 10:50 a.m.

Cost: \$5.50/7 weeks Norwalk Resident

\$11/7 weeks Non-Resident

Instructor: Roe

Decorative Arts

Arts & Crafts

Come on Mondays and show us your creativity! New crafts made each week! This class is great for everyone, so come join the fun!

Session 2: March 2 – April 14

Mondays, 10:00 - 11:00 a.m.

Session 3: April 27 – June 8

(Class will not meet on Monday, May 25, in observance of Memorial Day)

Cost: \$2 materials fee

Instructor: Staff



NORWALK SENIOR CENTER

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China Painting*

You will learn how to adorn china using enamel, raised paste, and pen work. Students will learn how to hand paint landscapes, florals, and portraits. The class will also provide instruction in design and color theory.

Cost: Free

Friday, 9:30 a.m. - 1:00 p.m.

Instructor: Jones (Volunteer)

**New students may register at anytime with instructor's approval.*

Crochet

Learn to crochet and knit in a fun and friendly environment at an unbeatable price! This creative class is appropriate for the beginner and those with more experience. Learn different stitches and patterns, how to use basic tools and supplies, how to read patterns, and how to determine which yarns are ideal for your projects. Students must provide their own equipment and materials.

Session 2 **March 4 – April 15**

Wednesday, 9:00 - 11:00 a.m.

Session 3 **April 29 – June 10**

Cost: \$5.50/7 weeks Norwalk Resident

\$11.00/7 weeks Non-Resident

Instructor: Canales

Swedish Weaving Social

Come to our Swedish Weaving Social to share your ideas, and meet new friends, as you create beautiful Afghans and other home decorative items such as placemats, table runners, pillows, bags, armchair covers, and hand towels. This beautiful form of weaving dates back hundreds of years and adds special warmth to any home décor. This group meets continually throughout the year. Participants provide their own equipment and materials

Cost: Free

Monday, 1:00 - 4:00 p.m.

Instructor: Volunteers

(Class will not meet on Monday, May 25, in observance of Memorial Day)

Lap Robe Making

Would you like to give back to the community? Then come join a dedicated group, of volunteers, that meets every Tuesday to make lap robe quilts. Every year these lap robes are donated to six local convalescent homes in and around Norwalk, as well as the Veteran's Hospital in Long Beach. Adults age 50 and older that are invited to volunteer making Lap Robes at the Norwalk Senior Center Tuesdays.

Cost: Free

Tuesday, 9:00 - 11:30 a.m.

Quilting Social

Do you sew? Do you like making quilts? Then come down to our Quilting Social! Participants share ideas, timesaving tips, and discuss color theory, traditional and new patterns. Make new friends and work on individual projects. This group meets continually throughout the year. Participants must provide their own equipment and materials.

Cost: Free

Tuesday, 12:30 - 4:30 p.m.

Educational

The American Cultural Experience*

Are you interested in learning about what makes America the great country it is? Join us to study the significant historical events that transformed our great nation to a democracy and a progressive people. Study historical events in science, technology, health, literature, politics, art, and learn how they shaped American.

Spring Session **January 15 – May 21**

Thursday, 9:00 – 11:00 a.m.

(Class will not meet on Thursday, March 19)

Cost: Free/ 18 weeks

Instructor: Dr. Levy

**New students may register at anytime with instructor's approval.*

(Sponsored by Cerritos College)

Memoir Writing*

Have you ever wanted to write your life's story? Have you been looking for the inspiration to get started? Come join this fun, interesting, and creative writing course. You will get to share thoughts and ideas with others while sharpening your writing skills. Fun for everyone!

Spring Session

January 15 – May 21

Thursday, 2:00 – 4:00 p.m.

(Class will not meet on Thursday, March 19.)

Cost: Free/ 18 weeks

Instructor: Mansell

**New students may register anytime with instructor's approval.*

(Sponsored by Cerritos College)

Computer Classes

Introduction to E-mail & Internet

In this class, you will gain a basic understanding of how to use the internet, how to create an email and how to navigate between both.

Session 2

March 3 – April 21, 2015

Tuesday, 2:00 – 4:00 p.m.

Cost: \$32.00/8 weeks Norwalk Resident & Non-Resident

Instructor: Fiske

Introduction to Personal Computers

In this class, you will gain a basic understanding of how a computer works, terminology, proper keyboarding techniques, and acquire an introduction to Microsoft Windows.

Session 3

April 28 – June 16

Tuesday, 2:00 – 4:00 p.m.

Cost: \$32/8 weeks Norwalk Resident & Non-Resident

Instructor: Fiske

N O R W A L K SOCIAL SERVICES CENTER

11929 ALONDRA BOULEVARD • 929-5544

The Norwalk Social Services Center offers a range of emergency services to Norwalk residents in crisis circumstances. Our goal is to assist individuals and families whose own resources have been exhausted, stabilize their situation, and seek long-term solutions. Bilingual (Spanish) staff is available to assist.

Child Development

Program-Cuidado de Niños

The City is currently accepting applications for its free or low-cost child care program. This service is available to low-income working parents and/or current/terminated CalWorks participants. Local licensed day care facilities are utilized. For more information, please call **462-1713**.

Children's Dental Program

-Programa Dental para Niños

This program is a cooperative effort between the City of Norwalk, Norwalk-La Mirada Unified School District, and the Children's Dental Clinic. Transportation is also available. For information, please call **929-5544**.

Computer Lab

The use of computers is available for those wanting to access the internet, seek employment, complete school work or to improve their computer skills. The Computer Lab is open Monday through Thursday, 2:00 p.m. to 5:00 p.m.

Dispute Resolution Program

-Programa de Resolución De Conflictos

The Social Services Center has a Dispute Resolution Program that can help you resolve tenant/landlord, consumer/merchant, small claims, business, and neighborhood disputes. Trained staff can help you settle your dispute and save you time and money. It is free, easy, and only one phone call away. For more information, please call **929-5603**.

Job Announcement Board

-Lista de Trabajos

Come visit our Job Announcement Board that lists current entry-level job openings in Norwalk and surrounding areas. Located in the lobby of the Social Services Center, 11929 Alondra Boulevard, this free service is an excellent resource and convenient tool for both the job seeker and local businesses with employment opportunities.



Learn English - Aprenda Ingles

Instruction in English (ESL) with literacy training in reading, writing, and language. Every Friday from 12:00 to 2:00 p.m. Provided by Lutheran Social Services free of charge.

Paralegal Services -Servicios Legales

Free paralegal services are available to qualifying Norwalk residents. This service is provided by Community Legal Services, and bilingual staff is available. Every first and third Wednesday from Noon to 5:00 p.m. Call **929-5544** for screening and appointment.

Meal Program for Seniors -Programa de Comida para Personas Mayores

Adults aged 60 and over are welcome to come enjoy a hot and hearty meal. Monday - Friday at 11:30 a.m. Suggested Donation: 60 yrs. and older \$2.25; Under 60 yrs. \$4.25. Call **929-5544** for more information.

Self-Help Support Groups

Self-Help Support Groups - Grupos de Ayuda:

Groups meet weekly at the Norwalk Social Services Center, 11929 Alondra Boulevard, to provide support, counseling, and information for various issues.

Alcoholics Anonymous (AA) - Alcohólicos Anónimos

Meets Monday, Wednesday & Friday, 8:00-9:30 p.m. Spanish only.

Al-Anon - Al-Ano'n

Support group for family and friends of alcoholics. Meets Tuesday, 7:00 to 9:00 p.m., & Friday, 8:00 p.m. to 10:00 p.m. Spanish only.

Compulsive Eaters Anonymous (CEA-HOW) - Comedores Compulsivos

Help and nutrition information to control and maintain your weight. Every Tuesday, 10:00 to 11:30 a.m., Spanish only. Every Thursday, 7:00 to 8:30 p.m., Spanish only.

Neurotics Anonymous - Neuróticos Anónimos

Mondays and Wednesdays, 7:00 to 9:30 p.m., Spanish only.

Su Casa - Ending Domestic Violence

Individual counseling sessions offered every Tuesday from 5:30 to 9:30 p.m., and alternate Fridays from 1:00 to 5:00 p.m. Spanish only. Individual counseling sessions are every Wednesday from 5:30 to 9:30 p.m., English only. Call **402-4888** for an appointment.

NEED SUBSIDIZED CHILDCARE? WE MAY BE ABLE TO ASSIST YOU...

What is Subsidized Childcare?

Our programs can help pay for all or part of your childcare expenses. Varieties of childcare options are available throughout the community.

Who can be served?

Children from birth through 12 years of age. Older children with exceptional needs may also receive services.

Do I qualify?

Are you currently:

- Working
- Seeking Employment
- Attending school or enrolled in a vocational training
- Receiving Cash Aid (TANF) or have received within the last 24 months

How do I apply?

You may apply directly at our office.
For more information, call (562) 462-1713